

Motor Development and Biomechanics Test

Biomechanics

- Common terms ie Inertia, Momentum, C of G
- Principles of Biomechanics (choose 4 of 7 and relate to sport specific examples)
- Skill Phases- demonstrate using a common movement ie. bump in volleyball or foul shot in basketball
- Newton's 3 Laws
- Types of Levers and Sport Specific examples

Dec 1-7:30 AM

Motor Learning

Definitions

- Open vs Closed Skills
- Kinesthetic Sense
- Gross vs. Fine Motor Control
- Muscle Memory
- Proprioception

3 Stages of Learning- How do we involve each in skill instruction?

Feedback

Transferability- examples of common types of athletic skills

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